

This week's share:

Spinach, lettuce mix, kohlrabi, radishes, turnips, bok choy, garlic scapes, dill

**And for next week...**

Spinach, lettuce, kohlrabi, peas, turnips or radishes, green onions, cilantro

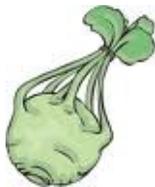
Crunchy Kohlrabi Salad with Dilly Dressing

3 kohlrabi bulbs, peeled and diced
 3-4 spring turnips, washed and diced
 5 or six radishes, diced
 Juice of half a lemon
 1/3 cup plain yogurt
 2-3 Tbsp chopped fresh dill
 Salt and Pepper to taste
 Optional: 1 small avocado, cubed

Place diced kohlrabi, turnip and radish in a medium sized bowl.

Add lemon juice, dill, yogurt and salt and pepper. Toss to coat veggies evenly with yogurt. Serve immediately.

** Lemon juice may be increased or decreased as desired.

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The Cedar Post

Cedar Down Farm's Weekly Newsletter

Summer CSA, Week 2, June 23, 2010

On the farm...

Now that the CSA has started and you have had a taste of what the garden has to offer, we thought we would share a little bit about how the farm works and what it takes to grow vegetables for CSA. CSA farming is wonderful and rewarding and serves up a great challenge for the farmer who must ensure an abundant and diverse share each week. This weekly abundance is achieved with the help of many planning spreadsheets and the wonderful array of vegetables available at different times in the season.



You will notice that in the spring, tender greens and crops in the cabbage family are plentiful. These crops help us get a head start on the season because they like cool spring weather and grow quickly. As the summer rolls on, main season crops like carrots, beets and onions come on followed by the heat-lovers - tomatoes and peppers, beans, eggplants and melons. The season rounds out in the fall with things like hardy potatoes, leeks, squash, and other cold-loving fall veggies.

We also plant many crops successively - the same crop planted multiple times a season at regular intervals - to ensure those favourites like lettuce, carrots and beans are always available. This is how we make the most out of our (relatively) short growing season - takes a bit of forward thinking but is certainly delicious!

Spring Turnips

These little white globes are not what most people imagine when they think “turnip.” Indeed these turnips differ from their hardier, perhaps more familiar cousins. Meant for fresh eating, they are sweet and juicy and are absolutely great in a salad or just cut up as a snack. Any number of salad recipes can be made from these guys in combination with some of your other CSA goodies. Try chopping them with radishes and cilantro and tossing them with chickpeas, oil and vinegar. Slice and marinate them in a little rice vinegar, sugar, salt and pepper and sprinkle them over a green salad. The possibilities are, well maybe not endless, but certainly abundant!



Garlic Scape Pesto

This pesto is flavourful and delicious and adds a great zing to pasta, pizza or just spread on toast!

1 cup grated Parmesan Cheese
3 Tbsp fresh lime or lemon juice
8-10 scapes (chopped into 1 inch pieces)
1/2 cup olive oil
Salt to taste

Puree scapes and olive oil in a blender or food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste.

Try something different by adding spinach, cilantro or a green of your choice.

Kohlrabi

What is that green space ship hovering in your CSA share? It's not a UFO, we assure you, rather it's the wonderful, lovable kohlrabi! Kohlrabi, another great vegetable from the brassica (cabbage) family, tastes something like the crunchy, sweet middle of a broccoli stem. A CSA farmer's dream, it is quick and easy to grow and is truly delicious either raw or cooked. Just peel the outer skin from the bulb and the crunchy inner flesh can eaten whole like an apple or cut up in salad, cole slaw and cooked in so many ways. You can also eat the leaves!

Roasted Kohlrabi

1 1/2 pounds fresh kohlrabi, ends trimmed, thick green skin sliced off with a knife, diced
1 tablespoon olive oil
1 tablespoon garlic (garlic is optional, to my taste)
Salt
Balsamic vinegar

Set oven to 450F. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. Spread evenly on a rimmed baking sheet and put into oven and roast for 30 - 35 minutes, stirring every five minutes after about 15 minutes. Sprinkle with a balsamic or other favourite vinegar just before serving.

A Vegetable Family Tree

Sounds funny but knowing the family history of each of our crops is very important to the way that we farm. Every vegetable that you receive in your CSA share belongs in a particular “family” with other plants that share a common ancestor. Crops that belong to the same family have common traits such as nutrient and moisture requirements and climate preferences and are susceptible to the same pests and possible diseases. So, for example, tomatoes, peppers and eggplants are all in the Solanaceae family and like hot, dry weather and can be attacked by Colorado Potato Beetle or succumb to blight. The Brassica (cabbage) family of crops likes cool, wetter conditions and are eaten by the flea beetle if they aren't covered with fabric row cover in the garden.

In an organic system, we use knowledge of crops families to plan a crop rotation where we never plant the same family twice in a row in the same spot. This helps us break pest cycle, avoid disease and maintain the health of our soil.

